

# PROSTATE CANCER

## Take Time to Decide

Most prostate cancers grow slowly, and don't cause any health problems in men who have them. A PSA test may find a prostate health problem. Treatment can cause serious side effects. Take time to ask your doctor these questions before you decide to get tested or treated for prostate cancer.

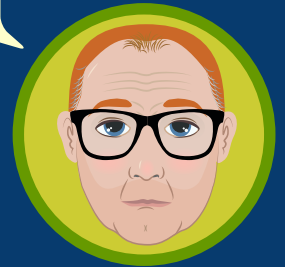


### Who has a higher risk for prostate cancer?

- Men who are 50 years old or older.
- African-American men.
- Men whose father, brother, or son had prostate cancer.

### What is the PSA test?

- Your prostate makes a substance called prostate-specific antigen (PSA).
- The PSA test measures the PSA in your blood.
- Your PSA level can be high for many reasons.



### What happens next if my PSA is high?

- Your doctor may repeat your PSA test.
- Your doctor may send you to a specialist (urologist) for more tests, like a **biopsy**.

Tiny pieces of prostate tissue are removed using small needles and checked for cancer cells. Biopsies are the only way to know if you have prostate cancer.

### What are my choices if a biopsy shows early prostate cancer?

#### Watching it closely.

- Get PSA tests and biopsies regularly.
- Talk to your doctor if you have symptoms like trouble urinating, blood in your urine, or pain in your back, hips, or pelvis that doesn't go away.

#### Getting other treatments after talking to your doctor.

- You may talk surgery to remove the prostate, radiation therapy, or hormone therapy.
- You may also talk about the side effects of treatment like impotence, loss of bladder control, and bowel problems.



For more information about prostate cancer:  
<http://www.cdc.gov/cancer/prostate/>

National Center for Chronic Disease Prevention and Health Promotion  
Division of Cancer Prevention and Control

